



“August in Action” at Oak Park



Who's Invited? Everyone, All Ages & Stages

Location? Oak Park Shelter #7 (by Farmer's Market)

Cost? Free!

Time? 9:30 am - 10:30 am

Presenter? Cheri Charboneau

(Cheri is a senior at MSU majoring in corporate fitness & physical ed)

Held Tuesdays in August!

Prizes!

“Yoga is Fun” August 7th

Adults and kids, come enjoy learning and practicing yoga designed for you. We will be learning proper alignment as well as the life changing health benefits of yoga. Yoga is strengthening and stretching, and most of all FUN!

“Line Dancing is Fun” August 14th

Ever wanted to learn how to line dance? Here is a great opportunity to learn the dance, “God Blessed Texas”. The dance will be broken down and taught in sections so everyone will be a successful dancer. This is for all to appreciate and delight in the dancing experience.

“Games Galore” August 21st

A morning filled with recreational activities. Let's learn new skills or test our old ones by playing Frisbee golf, Frisbee horseshoes, Quits (similar to horseshoes), and Jump Rope (long and short ropes). Equipment is provided, all you need are comfortable shoes and clothing.

“Enjoy our Scavenger Hunt” August 28th

Indulge in the beautiful scenery at Oak Park by participating in an exciting scavenger hunt designed especially with items in the park. Pictures of items as well as a word list will be provided so every one may enjoy the hunt!

Sponsored by: Minot Area Team Wellness & St Joseph's Community Health Foundation
For more information: call 852-1376 or email: teamwellness@fdhu.org